

Healing the Healers Series

The Sacred Art of Living & Dying



 STAR OF THE NORTH

 Sacred Art of Living
Center for Spiritual Formation

Module One Workshop:

Understanding Spiritual Suffering

January 29-30, 2021

Module Two Workshop:

Recognizing Spiritual Suffering

April 23-24, 2021

Module Three Workshop:

Responding to Spiritual Suffering

September 24-25, 2021

Module Four Workshop:

Transforming Spiritual Suffering

January 21-22, 2022

Early Bird Online Fee: \$250

(Good Until One Month Before Event)

Online Fee: \$300

Group Discounts Available

Healing the Healers Series: the Art of Living & Dying is more about living than about the end of life. This series of four internationally acclaimed workshops/retreats draw from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering and our mortality. The results of facing or “leaning into” existential-spiritual pain are profound for both caregivers and care receivers and include:

- Physical and emotional well-being
- Antidotes for compassion fatigue and burnout
- Enhanced capacity for healing
- Improved Pain and symptom-control management
- Peace of mind and improved relationships

Each workshop is an interactive and inspirational learning experience appropriate both for professional and family caregivers. Workshops are followed by a three-month study group process called Circles of Trust. Participants explore universal patterns of spiritual and emotional suffering with time-tested ways to relieve them. All programs are a creative blend of best practices, instruction, personal reflection, and hands-on experience, multimedia presentations and creative rituals from the world’s great wisdom traditions.

Register at starofthenorth.ca or call

Star of the North Retreat Centre at (780) 459-5511